

# TMI Focus



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## GATEWAYS TO CHANGE

by Laurie A. Monroe



**I**t is time to embrace change, and it is time to accept responsibility for creating the changes that will ensure our collective future. Change is a constant of the human condition. By observing our past, we see a panorama of changes and begin to comprehend how these changes have affected our lives and our planet. We would do well to reflect upon Einstein's statement, "The significant problems we face today cannot be solved at the same level of thinking we were at when we created them."

Participants in the GATEWAY VOYAGE<sup>SM</sup> and succeeding graduate programs share many experiences that enable them to think and act differently. First, they come to *know*, not just believe, that they are more than their physical bodies. Second, they connect strongly with each other and to nature around them, as well as developing a greater understanding of the interconnected web of life. Third, core beliefs shift, bridging obstacles to

change and bringing forth a higher order of wisdom. Afterward, participants begin to ask: "How can I apply these experiences, these feelings, in my life? How can I make a difference for those who follow me?"

Consider that our most significant shared value may be the inherent goodness that exists within each one of us. Many acts of compassion occurred after September 11, 2001. People went into the damaged structures around the World Trade Center searching for abandoned pets. They risked their lives in the unstable, smoke-filled buildings to rescue family pets, finding them hungry and dehydrated but alive, wagging their tails or whimpering in response to human touch. The fundamental instinct to preserve life is so deeply ingrained in the core of our being that it embraces our animal com-

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## STARLINES IMPRESSIONS

by Günther Hoffmann, BVSc, MRCVS



**I**'m a veterinarian, originally from Namibia, Africa, and have always had a sense that there is more to life and reality than is immediately apparent. When I discovered Hemi-Sync® eleven years ago, it was with an immediate and dramatic sense of recognition—

*THIS was what I'd been searching for! Finally, I'd found a way to explore deeply, free from dogma and irrelevant rituals, the real thing in concentrated form—direct personal experience. This exploration has included attending seven TMI programs before STARLINES, most of them during the last two years, and has taken me on a journey beyond my wildest imaginings, yet simultaneously into a deep appreciation of the simple.*

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## CREATIVE HEMI-SYNC® APPLICATIONS

by Sharon O'Connor, EdD



*Sharon O'Connor, EdD, is a management consultant and mommy of four who has been using Monroe Institute techniques in her work and personal life for about fifteen years. Between loads of laundry, she gardens, runs, writes, and successfully avoids most forms of housework.*

When I joined the Dolphin Energy Club (DEC), Shirley Bliley, the DEC Service Coordinator, asked me to share some of my experiences with Hemi-Sync over the years. TMI techniques have played an important role in birthing premature triplets, running the Boston Marathon, and working as a management consultant and educator.

After a long stretch of infertility, my husband and I were blessed with a set of triplets, two girls and a boy, in April of 1993. The synchronistic mystery of this event continues to awe us, as we had just lost three close loved ones—my father and both of my maternal grandparents—shortly before the triplets were born. At thirty-five weeks they weighed 4 pounds, 2 ounces; 4 pounds, 10 ounces; and 4 pounds, 15 ounces. Those weights are good for triplets but still quite small as babies go. From the moment of their birth, I mentally surrounded them in protective Resonant Energy Balloons (Rebals) of glittering white light that would allow in those good love vibes but keep out germs and any harmful energy. I had been on strict bed rest for twenty weeks prior to the births—my muscles atrophied and my belly grew to gargantuan proportions. I looked like a wood tick! I used a number of *H-PLUS* Functions to heal my body (*H-PLUS Tune Up* worked very well) and was back running within six weeks after delivery. My obstetrician could not believe the speed of my recovery.

The first baby, Jessie, came home with me right away; the second baby, Anthony, came home five days later; and the littlest baby, Katie, stayed at the hospital for two weeks. While Anthony and Katie were at the hospital and I was physically at home, I would often go into a high Focus level and hold them so that they wouldn't be separated from that all-important mommy-love vibe. Well, they thrived, and nine years later my hands are full with a rambunctious crew of fourth graders and their three-year-old baby sister, Lil. I still use TMI techniques with them. In fact, just last night I was teaching Jessie how to use the Security Repository Box to contain her fears so she could fall asleep.

I have also successfully used Monroe techniques to train for, run, and recover from the Boston Marathon. I had my first out-of-body experience during a long training run before I had even heard of The Monroe Institute and had chalked the experience up to an excess of endorphins, a natural narcotic the body produces that induces a state some call the "runner's high." After attending a *GATEWAY VOYAGE*™, I learned that this state was called Focus 15 and that I didn't have to run to access it. I prepare for the marathon by mentally running each mile in Focus 15 before going to sleep for weeks prior to the race. Mind you, when I actually run the race my pace is not very fast. I ran it in four hours and twenty-one minutes last year, but I felt great pretty much the whole way. During the marathon, I use *H-PLUS Lightfoot* to get up Heartbreak Hill. If other runners are struggling, I mentally surround them in a positive energy Rebal, which seems to bounce back and give me energy as well. I use some of the *H-PLUS* healing commands to recover after the race and am back running again in about three days—a good week or two earlier than most other marathoners who run at my pace.

Finally, Monroe techniques have helped me in all phases of my work. I use the Concentration tape when I'm writing, as well as Focus 15. I have also used various *METAMUSIC* tapes to relax and ground my audience during a training. But for me, most importantly, the skills that I've learned through The Monroe Institute have helped me to heal the parts of my soul that need healing. The beauty of this, as many of you know, is that self-healing helps one become a better healer. My work has taken me into some extraordinarily dysfunctional organizations. I find that using *H-PLUS Let Go* protects me from getting "sucked into the muck" of an organization's issues. I am most effective when my big old Ego takes a back seat and allows a higher energy to work through me. When this happens, it doesn't feel like "me" doing the work but something "outside" using me as a tool. I have also integrated my spiritual practice, *A Course in Miracles*, with my Monroe Institute methods and have come up with a way that works for me.

If any of you are in Boston on marathon day, look for me—I'm the one running those nasty hills with the smile on my face.



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## GATEWAYS TO CHANGE

*Continued from page 1*

panions as well.

All of this relates to one of the most profound and insightful books I have recently read—Gregg Braden's *The God Code: The Secret of Our Past, the Promise of Our Future*. Whatever your belief or however you interpret "God," this book may be the key to understanding the connectedness of our species and our deepest feelings. Hank Wesselman, PhD, anthropologist and author of *The Journey to the Sacred Garden* and the *Spiritwalker* trilogy (*Spiritwalker*, *Medicinemaker*, and *Visionseeker*), says: "The God Code explores a fascinating premise—that there is a tangible, verifiable, and universal message that may provide evidence for a higher intelligence operating behind the scenes of the phenomenal world that we all take so much for granted. Scholar Gregg Braden is to be commended, and he has opened an unprecedented window into our understanding of the great mystery of existence."

*The God Code* is truly a remarkable message to humankind at this time in our existence, encouraging us to move into a state of unity and cooperation. How we live, and how we use present-day technologies, will shape our future. At some level, personally or globally, we need to become involved in the possibility of a future that is just, sustainable, and compassionate. Such a future begins with each one of us.

As Bob Monroe once said: "With this knowledge, you have a responsibility. If you have the authority, along with it there is a responsibility." Each one of us is responsible for our own actions. We have a responsibility to our children, to mother earth, and to our present and future selves, and together we are capable of something much greater than as individuals. Learning to connect to our higher self, we are enabled by a higher intelligence to live each moment in gratitude. By listening from our hearts, we will often "hear" the precise words we need at

exactly the right moment for our soul's growth.

"For hundreds of generations, we have each carried the key to our survival as a message to ourselves in a form that, once recognized, could not be mistaken. Perhaps in anticipation of the day when the search for our origins would lead us to the essence of life, it is only through our discovery and acceptance that we are one with the world that the message could ever be revealed."

— Gregg Braden, *The God Code*

"The Earth Life System was and still is an exquisitely self-adjusting, auto tuning, self-regenerating organization of energy. The more we investigate the interactive symbiotic relationships contained therein, the more fascinating and complex they become. The entire structure is one of polarities, yet each part is interconnected."

— Bob Monroe, *Ultimate Journey*



## MEMBER CDs

*Access to Information & Access to Energy*

These two member exercises, *Access to Information* and *Access to Energy*, provide unique opportunities for extended exploration within what Bob Monroe called the Access Channel. This powerful window or gateway is especially valuable for communicating with all levels of self, including the cellular level.

Whether retrieving information from one's personal library of knowledge and experience or contacting the sources behind one's personal energy to be better able to direct and control its expression, these exercises offer practical tools for enhanced functioning in all aspects of one's everyday life.

## ATTENTION WEB DESIGNERS

We are currently seeking volunteers to assist in our website redesign project. If you would like to support The Monroe Institute<sup>SM</sup> in this project, please submit your résumé and site samples for our review by August 15, 2004 to Carol Moore at [TMImarketing@aol.com](mailto:TMImarketing@aol.com)

## SPECIAL MEMBER GIFT

"Welcome to TMI" is an informative VCD for use with Windows-based PCs and compatible with DVD players. Produced by Neil Mateo, it offers an overview of the Institute's programs and interviews with graduates whose lives have been transformed. You may well want to share "Welcome to TMI" with others.



## THE GATEWAY VOYAGE<sup>SM</sup>: A FAMILY AFFAIR

by Adam and Richard Tilson



**R**ichard Tilson was born in a small Ontario town near the Minnesota border and migrated west with his parents to the prairie town of Moose Jaw, Saskatchewan. He is a

businessman and a farmer. As well as being involved in a channeling group, Rick enjoys leading EXCURSION workshops as time permits. His son, Adam, was born in Moose Jaw and is currently in the eleventh grade. An honor student, Adam likes computers and has a talent for understanding technological devices. He is attracted to a career in engineering, but at this point his favorite class is law. Adam's giving heart leads him to view everyone as a friend, and activities like attending the GATEWAY VOYAGE with his father nurture his reserved and philosophical nature.

I'm Adam Tilson, I live in Moose Jaw, Saskatchewan, and I'm sixteen years old. My dad was always interested in meditation, consciousness expansion, and the Monroe system, but I never really was. He took several Monroe courses and then became an OUTREACH Trainer. He had been putting on OUTREACH workshops for several years when, in May of 2003, I decided that I should give it a try. I was a bit disappointed. I had assumed that if Hemi-Sync was working you should have an immediate profound change. But my experiences were much subtler. As the tapes progressed, instead of making myself open to the subtle experiences, I began to feel like I was having troubles. I became somewhat annoyed and that didn't help at all. Finally, I realized that I should just let go and let whatever happened happen. Then I began seeing things that I knew were not just my imagination. That had been happening all along but I was too wrapped up in my expectations to notice.

My father and I always traveled every other February during my school's winter break. This year he came up with the suggestion to go to TMI for a GATEWAY VOYAGE. I wasn't really sure because of how I'd felt about the workshop. In the end it must have been fate. I packed my bags and prepared for what turned out to be the ride of my life. I tried to enter the GATEWAY VOYAGE with no expectations whatsoever and just let the experiences—no matter how unimportant seeming—come along. Near the end of the week I had met some amazing people, but as far as the tape sessions, as much

as I tried to have no expectations, they were still there. Fearing that this might be the workshop all over again, I kept an open mind. I'm sure glad that I did, because during one of the last tapes I experienced an amazing enlightening moment. I got the impression that the moment was waiting for me all along, and only showed up when I finally started to trust and enjoy the process. The GATEWAY VOYAGE gave me a new outlook on my spirituality and a new outlook on life in general. I left it feeling completely fulfilled but at the same time wanting more. It was as if a whole lifetime had passed in that week, yet it was the fastest week of my life.

I'm Richard Tilson and I am honored to be Adam's dad. I've been interested in The Monroe Institute<sup>SM</sup> since reading Robert A. Monroe's first book, *Journeys Out of the Body*, in 1980. Finally in February of 1997, after seventeen years of intent, I made it down to Virginia for my first GATEWAY VOYAGE. Next to having my kids, this was the most wonderful experience I'd ever had. I've tried to take a course about once per year as a special gift to myself.

On one of my trips I discovered a course called TDAP (Trainer Development and Assessment Program). It teaches how to put on a weekend workshop using the Hemi-Sync technology. So I took TDAP in June of 2000. TDAP graduates must put on two workshops with a mentor in order to become an accredited OUTREACH Trainer.

I am always telling people that one of the most intimate, romantic things they can do with their partner is to go to The Monroe Institute together. But, in my opinion, the closest thing to unconditional love that most people encounter in this reality is their interaction with their kids. Going to TMI with your son or daughter is one of the fullest experiences that a parent can have. I was glad that Adam could not decide on a destination in February and was open to attending the GATEWAY VOYAGE. He has a profoundly deep spiritual nature and a conscious understanding of reality that is definitely not mainstream. It was a pleasure to see how readily the warm and courteous, yet diverse, participants and trainers at our GATEWAY VOYAGE accepted Adam—regardless of his youth. This kind of interaction with fellow participants makes the Monroe experience overwhelmingly enjoyable. I would often hear comments like "Oh, I hope I can come here with my son or daughter one day." Everyone seemed to enjoy Adam and I was thrilled to share the wonderment of the VOYAGE with him. Adam's comment, "How can a week be so full and yet pass so quickly?" was true for me as well. Adam is hooked and wants to know when we're going back again!



**STARLINES IMPRESSIONS***Continued from page 2*

*The sum of these experiences has been profoundly life enhancing to a point where I cannot imagine a truly meaningful life without what I've gained. And the journey continues.*

"What happened?"

Dumbstruck, my Little Self stares into space, lost for words. "What, in the name of truth, was that? A shift? No way! I know what a shift is; that's what happens when you open up into something larger, something that expands you in a way that adds something of value to who you are. This is different."

Pondering this thought for a while, I come to realize that the difference is one of magnitude. This time it's not the Little Self who expands into something larger, but rather this time my Little Self finds itself dissolving into something of such magnitude that there's no way that my Little Boundaries can hold it to describe it in any coherent fashion. Okay, hold it right there. "What's going on here?" I ask myself again. What happened that's so different from all the other times? After all, I'm no stranger to this. I know what the deal is when it comes to non-physical explorations with Hemi-Sync; that's a known to me, right? Hmm. Maybe.

I get a kick out of pushing the envelope of my personal boundaries, and TMI programs have a habit of doing just that, differently each time. There are lasting adjustments to my system that are not directed consciously—each one an opportunity for the Greater Self to make changes resulting in an opening up of the Little Self, the personality, Bob's I-Here. These changes always happen, are always unexpected, significant, and deeply valued, and sometimes they come during the program but more

often afterward.

What was so different this time around?

Well, for one, the participants, each one an old-timer. Many of us had been to TMI more than ten times. What an honor to be among these explorers, TMI heavyweights who knew exactly what they were doing and got on with it—no flakiness here. Also, there were many acquaintances from previous programs. We were already bonded, and the result was a group power surpassing anything I've experienced at TMI. Within just a few hours, rather than the usual few days, we ramped up to full power. We also reset up to Focus 34/35 within less than a day, so in a snap we were chomping at the bit, ready to charge out beyond the realms of the human recycling plant, or Earth Life System (ELS) in Bob's terms.

Second, the process. *STARLINES* did not come about through trial and error. It's no experiment. It's a mission, carefully designed by a highly experienced facilitator under the purposeful direction of high-quality guidance. The result is neatly integrated to keep the left brain busy with all kinds of space age constructs—investigating planets, star clusters, and galaxies, supported by magnificent slide shows stimulating the visual senses while underneath it all, the personal boundaries are gently and casually stretched in gargantuan steps. The mission is to hold the universe, inner and outer, individually and as a group.

We were going outward to act as "ambassadors" of the ELS within the universal system of conscious physical life, forging connections between the ELS and other systems, and expanding into an active awareness of the depth and size of the entire universe. Parallel to that, we went within to expand into the

I-There, the cluster of bonded I-Theres, and the sea of bonded I-There clusters. And finally, striking out even further beyond these expanded states in Focus 49, we passed through an aperture to beyond our universal system of existence. These are long-distance journeys, all right!

Very early on, my own guidance reminded me to maintain a solid, crisp, clear focus for *STARLINES* and to invest myself fully, applying the warrior attitude. This turned out to be good advice. The "G-force" was substantial. The effect of the awesome group power applied to such a mission made for a massively expansive experience. Progressively, the Little Self experiences and dissolves into, rather than observes, the totality of the physical consciousness system, of which the ELS is but a minute fraction, as well as the equally huge expanse of the true Self. The contrast in magnitude is so dramatic that in comparison the Little Self seems to disappear into nothingness.

Finally, as the program drew to a close and we prepared for touch-down, we needed assistance in slowing down and grounding. Thus, we did a Free Flow 27, and in comparison, Focus 27 now felt like a quick dash over to the neighbors!

*STARLINES* has an expansive effect, at a minimum. Personally, I see great potential for the program's ongoing effects to result in a progressive loosening of personality attachments. As the now firmly established awareness of the magnitude of reality sinks in, it is transformed into a lived reality—a powerful aid in the spiritual quest.





## STEPPING INTO MY "GRANDMA SPACE": A *TIMELINE* JOURNEY

by Cassie Zievers



**C**assie Zievers is a lifelong spiritual adventurer. She dreamed about going to The Monroe Institute<sup>SM</sup> for twenty-nine years before finally attending a GATEWAY VOYAGE<sup>SM</sup> program in October of 2003. When asked for a comment, she stated, "It was bloody well

about time!" She has three grown children and is starting a business as a meditation teacher and hypnotherapist in Minnesota. Cassie has also written about her GATEWAY VOYAGE experiences on the Love Blobs Web site, <http://www.theloveblobs.com>

It was blissfully warm and sunny when I arrived at The Monroe Institute for my *TIMELINE* program in March 2004—a far cry from the harsh Minnesota winter I'd left behind. The mild weather was some consolation as I had arrived with a persistent headache. I was determined, however, to make the most of my time at TMI.

The *TIMELINE* program was different in tone and overall feel than my October 2003 GATEWAY VOYAGE. GATEWAY had been a very high-energy program with lots of laughs and fun. *TIMELINE* was the same whenever we gathered as a group, but when there was work to be done the tone was often more somber. I realized that *TIMELINE* would not be anything like GATEWAY. That was fortunate because I would soon come to find that I was stepping into my "grandma space." Although I had an idea of what I hoped to accomplish and gain from the experience, I knew better than to hold too tightly to expectations. Life may well have other plans, and that was definitely the case this time around!

On my second full day things really started bubbling up to the surface. The headache persisted and was accompanied by a bit of nausea and a vague sense of fear—for no apparent reason. These symptoms grew in intensity as the day wore on until the pressure felt unbearable. I finally sat down on the couch in the Fox Den with trainer Lee Stone to discuss my feelings. Lee mentioned that at times, when we delve into our past lives we may confront some dark images. He reminded me that we can maintain a safe distance from such images.

Instead of feeling comforted, I felt even more agitated after our talk. It wasn't what Lee had said; it was me. Even having a massage later on didn't help much. My agitation increased until I felt ready to jump right out of my skin! When I finally got back to my CHEC unit for

the first of the afternoon's exercises, I was tired of the pain, tired of the nausea, and tired of being afraid. I knew that the only way out was to go through it. Lying in my CHEC unit I spoke out loud, to no one in particular: "All right, let's get this over with. . . . Bring it on!!"

The first lifetime I was drawn to took place during the time of the Roman Empire. I was a soldier in battle, and I saw myself lying on the battlefield bleeding to death. I had taken a number of men down before I got skewered in the stomach myself, and I remembered how that felt. I was tired of the carnage, tired of war, sick of the fact that I had been dragged into it yet again. Perhaps I let myself be killed in order to finally be done with it. Coming to grips with this suddenly relieved my nausea.

The second lifetime I was drawn to was every bit as emotionally charged as the last one, if not more so. I was in a house on an island off the coast of Greece. It was light and airy inside—a beautiful house that I shared with my sister. My name was Olara and my sister and I were always arguing. The event I witnessed was apparently a pivotal one for the evolution of our relationship. We had ALWAYS argued. We were both steadfastly entrenched in our positions and very ego oriented. This day was no different than any other in that respect . . . or was it?

As we argued I finally realized there was no way for either of us to ever win . . . ever! I would have to be the first to let it go, so I disengaged and refused to participate any further. This ticked my sister off even more. She stomped around the house, shouting things she hoped would push my buttons and get me going again. I sat in the living room hoping to wait it out. She stormed back into the room; I never saw the knife. In one rapid motion she cut my throat. I sat there in utter shock and disbelief. Even in my wildest dreams I never believed her capable of that and, curiously, didn't blame her now. I moved quickly into forgiveness, never stopped loving her, and as my life ebbed away I left that scene.

Part of this exercise had been to ask some important questions, like "What did you learn from this experience?" I laughingly answered, "Do not engage the Borg!" Flippant perhaps, but an important point. I was never going to win and neither was she; I had simply been the first to realize it. I then asked, "Who was she to me in my current life?" There was a moment of hesitation as I heard my guide ask someone else, "Do you think she's ready to know?" Then came the answer: "Your grandmother."

That response blew me away! It also answered some nagging questions about my relationship with my grandmother. We had always argued about anything and everything—stupid, pointless little things. I got really

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## BRING-A-FRIEND GATEWAY VOYAGE<sup>SM</sup>

by Jacquelyn Phillips



**I**n the course of her eighty-six years in Earth-school, Jacquelyn Phillips has pursued a variety of professions. Commercial art was her first career. She was a riveter for Douglas Aircraft and later a draftsman for the Women's Army Corps during World War II. After the war, Jackie married and raised a family, then worked as a

real estate broker and agent. In recent years she has attended the GATEWAY VOYAGE, GUIDELINES<sup>SM</sup>, LIFELINE<sup>SM</sup>, EXPLORATION 27<sup>SM</sup>, and MC<sup>2</sup> and participated in the Dolphin Energy Club. She is certified at the highest level as a healing touch practitioner. Before moving to Iowa City in 2001, she was the founding director of the Center for Healing Intervention (CHI), which opened in 1997. It was the first integrative medicine center on Virginia's Eastern Shore. Now she is bringing that same missionary spirit to Iowa City and is coordinating training for other healing touch practitioners as well as bringing TMI to Iowa in the form of an EXCURSION workshop led by OUTREACH Trainers Robert and Marinda Holbrook.

When Laurie Monroe sent a notice that The Monroe Institute<sup>SM</sup> was offering a significant tuition reduction for both a returnee and a friend attending the GATEWAY VOYAGE, I was intrigued. What would it be like to take this introductory program a second time? Would it be like going to kindergarten again? Or might it reopen channels that seemed to have been clogged of late, sort of like a roto-rooter? Determined to go, I invited four friends I thought might be interested in exploring altered states of consciousness. Two accepted the challenge to attend.

Participants included the usual exciting mix of people from all over the United States, and also from India, Australia, and the Netherlands. We were twenty-three voyagers led by two brilliant trainers, Penny Holmes and John Kortum.

This definitely was not kindergarten. For me, this second GATEWAY VOYAGE was every bit as powerful as any of the TMI programs I have been privileged to attend. It did, indeed, restore my ability to meditate, my ability to "see beyond" the ordinary. While listening to tapes in my CHEC unit, I witnessed some awe-inspiring scenes: wild horses leaping chasms, a mountain pool wherein swam a dolphin, puzzling over how he could have come from the ocean to a mountain pool. At one time I saw a large eye closing slowly in a wink and later white puffy clouds superimposed over a starry, cobalt blue, midnight sky. It was exciting to contemplate the message of these visions.

Before we began our journeys at The Monroe Institute, we had been asked to refrain from conducting business or sending or receiving telephone messages except in emergencies. The day before the VOYAGE ended, Ross, a farmer from Australia, received an emergency telephone message from his wife. Their only source of water, a large cistern, was empty. There were no clouds in the sky presaging rain; there was no wind to power the windmill. What should she do? We decided that our group could concentrate on manifesting wind. We formed a circle and sang three powerful rounds of "om." The next morning at breakfast, Ross reported that his wife had called again. A wind had come up, the windmill had pumped water from a deep aquifer, and the cistern was three-quarters full. Coincidence?

Having "volunteered" to write about this new Bring-A-Friend GATEWAY VOYAGE, I decided to ask fellow participants to send me an account of their own experiences if they felt so inclined. Here are a few of their responses.

Jayne recollected the program this way: *It was all astounding to just relax for six days and be with like-minded people, to have all decisions made for me. I didn't even have to decide what to eat, not to mention cook. The feeling of joy and love amongst our group was so special. I am definitely not a groupie or workshop junkie, yet I felt so relaxed and comfortable. It was as if I found myself there. It all went by too quickly.*

Alice said: *The highlight of my experience at The Monroe Institute is to really appreciate, on a very deep level, that indeed I am much more than my physical body. And how this has translated on the emotional level is that it has allowed me to shed my "emotional baggage," thereby liberating me from the self-doubt associated with it. The experience has instilled in me more confidence to pursue more of my "dreams," because I also realize that my dreams are on a level of consciousness truly reflecting my soul's longings and soul's attitudes.*

This last contribution is from Barb: *The night before our GATEWAY group would disband, Penny said, "The trouble with you guys is that you think you are normal." We all laughed. I laughed pretty hard myself. After all, I had just watched Welcome Back, Norman. It took me a little under forty-eight hours to get "Normanized." Grocery lines were always at a standstill and I was always in a hurry. Other drivers were too slow, too stupid. Instead of thinking about Focus 21 and the way each of us is bound to the other in the folds of a loving universe, I found myself thinking the word moron a lot.*

Then came Jacquelyn's request. *I thought I might read through the journal I kept while at TMI and find a section I could draw from. Each entry was like an old photograph. Focus levels and other worlds seemed more like a recent dream, fogged over from days of forgetting.*

Then I remembered the hamsters. During one TMI exercise, Ross and I worked as a pair. Ross had given me his psychic answer to my unvoiced question regarding whether or not

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## THE MONROE INSTITUTE PROGRAM SCHEDULE

Programs marked RMR will be held at Roberts Mountain Retreat. All others (except for Noetic Sciences) will be held at The Nancy Penn Center. Contact Karen Viar at (434) 361-1252 or [TMIprograms@aol.com](mailto:TMIprograms@aol.com) to register for programs listed below. Please note that the GATEWAY VOYAGE<sup>SM</sup> is a prerequisite for all other programs.

### 2004

#### GATEWAY VOYAGE

January 17-23  
February 21-27  
March 20-26  
April 3-9  
April 24-30  
May 1-7  
May 15-21  
June 5-11  
July 10-16  
July 24-30  
August 7-13  
August 28-September 3  
September 18-24  
October 2-8  
October 16-22  
November 6-12  
December 4-10

#### NOETIC SCIENCES GATEWAY VOYAGE—CA

May 8-14  
August 14-20  
November 13-19

#### GUIDELINES<sup>SM</sup>

January 24-30  
April 17-23 (RMR)  
June 5-11 (RMR)  
August 14-20 (RMR)  
November 13-19 (RMR)

#### HEARTLINE

April 3-9 (RMR)  
July 10-16 (RMR)  
November 6-12 (RMR)

#### LIFELINE<sup>SM</sup>

January 31-February 6  
May 1-7 (RMR)  
July 24-30 (RMR)  
October 9-15 (RMR)

#### EXPLORATION 27<sup>SM</sup>

(For LIFELINE Graduates)  
February 7-13  
May 8-14 (RMR)  
July 31-August 6 (RMR)  
October 16-22 (RMR)

#### EXPLORATION ESSENCE

February 28-March 5

#### MC<sup>2</sup>

March 20-26 (RMR)  
June 19-25 (RMR)  
October 2-8 (RMR)

#### REMOTE VIEWING PRACTICUM

June 12-18  
November 13-19

#### STARLINES

(For EXPLORATION 27 Graduates)  
March 13-19  
June 19-25  
October 23-29

#### TIMELINE

March 27-April 2  
September 25-October 1

## HEMI-LYNC Making Global Connections

*Hemi-Lync is a print media network bulletin board connecting you with people, events, and publications around the world that have something to share about Hemi-Sync®. It's your forum and we encourage you to use it. Submit your Hemi-Lync item to the TMI FOCUS by writing, calling, or by e-mail.*

### Appearances

March 13-26, 2004, F. Holmes "Skip" Atwater, TMI's research director, was hosted by Brian Snellgrove in London, England. While there, Skip gave two introductory lectures on remote viewing and conducted a one-day workshop on the elements of remote viewing plus a condensed version of the REMOTE VIEWING PRACTICUM. He was able to fit two radio appearances into his jam-packed schedule and a bit of visiting to historic sites in London and its environs.

Ronald and Jill Russell, TMI Professional and Board of Advisors Members, traveled to Paphos, Cyprus, in January 2004, to present two workshops: GOING HOME and Beyond GOING HOME. Participants had wonderful breakthroughs and one, from Ukraine, returned to Kiev eager to share the news about the Institute and Hemi-Sync.

At the Paphos Health & Well-Being Festival held January 24-25, 2004, Professional Member and OUTREACH Trainer Linda Lebanc spoke on "Psychic Healing: Forty Years of Scientific Study and Its Implications." METAMUSIC was used as background music for the festival, which was attended by 800 people.

### Journals

"Through the Doorways of Change: A Philosopher's Inner Voyage

Continues" by TMI member Joseph Felser, PhD, has just been published in *Exceptional Human Experience*, vol. 17, no. 2, 2002. In his article, Dr. Felser chronicles the inner changes wrought by his experiences in the LIFELINE<sup>SM</sup> residential program. For copies of the journal, contact editor Rhea White at [ehenwhite@cox.net](mailto:ehenwhite@cox.net)

### New Books

*A School Leader's Playbook*, by TMI Professional Member James E. Akenhead, EdD, was published early in 2004. His distinguished career as an educator and consultant to organizations spans forty years. Dr. Akenhead presents "proven methods for leadership, team building, and problem solving in any organization" and refers to TMI as a resource for those who want to learn to "think out of the box." Available in softcover from 1<sup>st</sup> Books Library at <http://www.changepoint.org>

*The Synchronized Universe: New Science of the Paranormal* by Claude Swanson, PhD, is an excellent primer on every major facet of paranormal practice and investigation. The work and writings of Robert Monroe and Joseph McMoneagle are generously represented, and the reference section and index are complete and well organized. Available in softcover at <http://www.SynchronizedUniverse.com>

March 2004 saw the long-awaited publication of *Focusing the Whole Brain*, edited by Ronald Russell, MA. *Focusing the Whole Brain* contains a rich array of articles on Hemi-Sync applications in personal growth and development, in medicine, in psychiatry, with autistic children, in nursing homes, for sleep training, in education, and in many more fields. An introductory Hemi-Sync CD is

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## CREATIVE FLOW WORKSHOP

by Robert N. Williams

On the last weekend of February 2004, eighteen participants gathered together with Trainer Macca Patricia Peters at Roberts Mountain Retreat to enjoy the cozy ambience and each other's company and to experience opening themselves to the all-pervasive energy available to every being.

After each of us shared his or her expectations, the "ice" was broken. Then the whole was separated into four groups to become involved in expressing their own existing or latent talent. Painting was the first vehicle for accessing our inherent natural ability.



Group participation allowed us to witness how creativity is enhanced and sparked into being by exposure to the work produced by others. Think that you're not up to snuff in the arts? You say that you're no Picasso, Rembrandt, Van Gogh, or Andy Warhol? No problem! Each individual is lit or kindled into awareness of his or her own capacity by the group energy. This was a most remarkable event to behold.

There was a musical "interlude" in Robert Monroe's cabin, the place where *Ultimate Journey* was written, and the creative flow was most abundant. You say that you're not talented musically, not the same caliber as Mozart, Bach, Gene Krupa, or Jimmie Hendrix? No problem! Melding with the group exposes everyone's natural talent for creating the sound that produces the rhythm that forms the music. The energy that is generated is awe inspiring.

Then, there was the night when mandalas or merkabas created by a computer program were projected onto a wall. The intricate patterns were a pleasure to view. But there were yet more possibilities for creative expression. One of the participants asked to be "mandalized." This

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## RESEARCH UPDATE

Signe Klepp, OT, of Kongsgård Hospital in Norway, has completed her pilot study assessing Hemi-Sync's effects on the functioning and life quality of brain-trauma patients and has submitted it for publication. Irene

Osborn, MD, and Ariane Lewis of the Mount Sinai Department of Anesthesiology are conducting a study on "The effect of hemispheric synchronization on pre-operative anxiety." Dr. Osborne and Ms. Lewis have published "The effect of hemispheric synchronization on intraoperative analgesia" in *Anesthesia & Analgesia* 98 (2004): 533-36. Janice McMurray, at California State University, Northridge, is investigating "Can auditory binaural beats enhance EEG-measured beta wave activity in ADHD children?" Phone (434) 361-1252 or e-mail [dec1pd@aol.com](mailto:dec1pd@aol.com) for a current list of ongoing and completed research.

## SPREADING THE WORD!

by Carol Sabick, LLB, MBA

"Get it out there" were among Bob Monroe's last words to Laurie before making his transition. And that's just what a great group of newly accredited *OUTREACH* Trainers is doing—with lots of enthusiasm!

Most of the seventeen participants who attended the *Trainer Development and Assessment Program* (TDAP) in August 2003 have fully completed their requirements, which include giving Hemi-Sync presentations and leading classes mentored by experienced trainers, and are now fully accredited. Three others will be completing their requirements soon.

These new *OUTREACH* Trainers join an active team that is spreading the word to many different areas of the United States and other countries. They are: Maureen Caudill (California), Daniel Chumillas (Spain), Mars Datura (Colorado), Riti DiAngeli (California), Gerri Fallman (Missouri), Chieko Fujisaki (Japan), Alethea Jacob (New York), Barbara Kauffman (Pennsylvania), Carmen Montoto (Puerto Rico), Robert Seamon (New Jersey), Kevin Turner (Japan) and Marnie Vincolisi (Colorado). Jim Spzajcher (Alberta, Canada), an earlier TDAP graduate, has also fulfilled his requirements.





## BRING-A-FRIEND GATEWAY VOYAGE<sup>SM</sup>

*Continued from page 7*

to get a new pet for my daughter. My daughter had been begging to get a miniature pig or a hamster. Ross, not knowing my question, envisioned some "furry round things behind black stripes." We now are the proud owners of not one, but two, hamsters.

As my week at TMI progressed, I remember feeling awed at the loveliness emerging in each person. It was as if all things superimposed and untrue began to fall away, revealing more and more of the true beings of love that we are. The gift I treasure most is the memory of watching each person's face unfold, more beautiful than the day before, until at last we were no longer twenty-five social presentations of people, but instead one exquisite jewel with twenty-five radiant facets.



## CREATIVE FLOW WORKSHOP

*Continued from page 9*

entailed standing before the projected image and moving the body in ways that flowed in syncopation with the image and music—an absolutely spontaneous free association. Then many others wanted to take a turn and express their oneness with the mandalas or merkabas. This art expression within art expression was further evidence of unbounded human creativity.

The program concluded with each participant interpreting the artworks they created during the "free" periods of the workshop. This provided further proof that creative flow is in constant motion within each individual and readily available to be translated into an expression of humanity's essential oneness.

EXISTENCE is a path of BEING that is INFINITELY creative.



## STEPPING INTO MY "GRANDMA SPACE": A TIMELINE JOURNEY

*Continued from page 6*

tired of it in later years. I had never done this with anyone else in my life. It also struck me as odd that she had always felt eclipsed by Grandpa. I dearly loved him from babyhood. She felt that meant I loved her less, and nothing could convince her otherwise. Then I was called back to California during the last two years of her life. I cared for her right up until the end, despite difficulties, and she finally understood that I loved her. Our relationship was finally healed, and seeing it from a past life perspective, I truly comprehended the magnitude of that healing.

Just in case this wasn't quite spectacular enough, there was yet more to come—a reward for all my pain beyond the healing I had already been given. The exercise was to go and speak with my future self. This older me had lived my full life and, now near death, would

give me some insight into my future. The first image showed me standing in my daughter and son-in-law's house. She had just given birth to a beautiful baby boy. As I stood there holding my grandson, my son-in-law leaned over the bed talking to my daughter lovingly. The baby was warm in my arms. I turned away from them and presented my new grandson to our ancestors—those I have known and those I have never known but am bound to by love. I lifted the child up and told them, "Look what my baby girl has done for us today!" It doesn't get any better than this!!

### Postscript:

Headache or no headache, I had found myself acting very uncharacteristically during the program. I kept telling silly, pointless stories. Anyone in the group who would stand still for three minutes got quite an earful! Near the end of our week together, I finally realized what was happening. I had indeed stepped into my "grandma space" and had become my grandmother!



## HEMI-LYNC

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included. Available in softcover from the TMI Bookstore, (866) 881-3440 toll-free.

### Radio

On January 19, 2004, Linda LeBlanc answered questions about The Monroe Institute and out-of-body experiences on Cyprus International Radio as a prelude to Ronald Russell's January 30 lecture on the same topics. Sixty people attended the lecture, demonstrating a robust level of interest.

### Television

Brian Dailey, MD, videotaped a treatment session with Hemi-Sync

and energy medicine for Michele DeLuca's *Gorgeous Health* television show. The tape segment was aired each Sunday in March on PAX Channel 51 Broadcast in Rochester, New York, each Monday on several other channels, and on three channels in Buffalo, New York—over twelve airings in one month!

Joe McMoneagle continues to amaze the producers and staff of Nippon Television's "FBI: Psychic Detectives" by successfully remote viewing the locations of missing persons. Part 5 of the series aired on Nippon television on January 17, 2004. For details of Joe's remote viewing exploits and upcoming radio interviews, go to <http://www.mceagle.com/remote-viewing/>

